

Class Schedule

Montag

16:30h Ballett

NEW

17:30h Bungeefly Kids

19:15h TRX Schlingentraining

20:15h Bungeefit

Dienstag

8:30h Step Aerobic

NEW

9:30h Trampolin

10:30h ZUMBA

16:45h Pole Kids

18:10h Pole Beginners

18:30h ZUMBA

19:30h Aerial Yoga

Mittwoch

14:00h Kreativer Kindertanz

15:00h Break & Dance

16:00h Zirkus (Kids)

17:30h Aerial Yoga Kids

18:30h Functional Mobility
Training [Saal 2]

NEW

18:30h Stretching [Saal 1]

19:30h Salsa Lady Style

20:00h Standard Tanzkurs

NEW Donnerstag

8:00h Trampolin

9:00h Step Aerobic

17:00h Zirkus Kids

19:00h Aerial Hoop

19:00h TwerXout

20:00h Pole Fitness

NEW

Freitag

14:30h Bungeefly Kids

16:30h Kreativer Kindertanz

Samstag

9:00h Ballett

Sonntag

19:30 Standard Tanzkurs

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TANZLUFT

dance is in the air